

Human cases of swine influenza A (H1N1) virus infection have been identified in the United States—including at least one case in Ohio. The virus is contagious and spreads from human to human. Ongoing investigations will attempt to determine the source of the infection.

For information, visit the Centers for Disease Control web site: [www.cdc.gov](http://www.cdc.gov) .

CDC is working closely with health officials in Ohio and other states, as well as internationally. Lab testing has found the swine flu virus susceptible to the prescription antiviral drugs oseltamivir and zanamivir and has issued interim guidance for the use of these drugs to prevent and treat infection.

CDC has prepared guidance on how to care for people who are sick and the use of face masks in a community setting where spread of this particular swine flu virus has been detected. This is a rapidly evolving situation and CDC will provide new information as it becomes available.

***There are everyday actions people can take to stay healthy:***

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people.

Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

If you get sick, stay home from work or school and limit contact with others to keep from infecting them.

If you develop an illness with fever and respiratory symptoms, such as cough and runny nose, and possibly other symptoms, such as body aches, nausea, or vomiting or diarrhea, immediately contact your health care provider, who will determine whether influenza testing is needed.